Vol. 13, No. 19 May 12, 2006 Hickam AFB, Hawaii

News Notes

Notice to motorists – Hickam roads will be restriped as well as crosswalks base wide. The work begins Monday and continues through Sept. 1. No road closures are scheduled but motorists should use caution while driving in areas where the contractor is working. For more information, contact David Arakawa at 449-7255

Blood drive - Team Hickam and the 352nd Information Operations Squadron are sponsoring a blood drive May 24 from 9 a.m. to 2 p.m. at the Hickam Community Center. Walk-ins are welcome; however, appointments are highly encouraged. For more information or to schedule an appointment, contact Staff Sgt. Rhonda Howard-Rayno, at 448-0149 or send an email to Rhonda.HowardRayno@hi ckam.af.mil.

Hickam National Test Center - The National Test Center offers College Level Examination Program exams to all members of the Department of Defense and their families. CLEP exams are free to active-duty, Reserves Guard, and family members of the Guard and Reserve forces. For all others, there is a \$20 administration fee and \$55 examination fee. The National Test Center on Hickam will offer exams on Mondays and Wednesdays, conducting three test sessions each day. To schedule an exam call Hawaii Pacific University at 422-1032 more information, call the Airman and Family Readiness Flight at 449-0300.

Volunteer award –
Nominations are currently
being accepted online at
until Monday. This award
recognizes volunteers
whose outstanding service
contributes to improving
the quality of life in their
military or neighboring
communities. Active duty
members, National GuardsSee NOTES, A9

In this week's Kukini



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USO parade honors troops

By Bette Kalohi

15th Airlift Wing Public Affairs

Air Force troops marched through Wakiki Saturday morning, and along Kalakaua Avenue the air was alive with cheering crowds, as displays and marching bands rolled by during the USO's Salute the Troops parade.

All along the way there were babies wearing BDUs, tourists in bathing suits and local families with their family pets all waving flags and screaming "Thank You" to our uniformed heroes. No doubt, this was one of the greatest local displays of support to the troops since 911.

Hickam fielded a marching unit of returnees from Operation Iraqi Freedom, lead by Maj. Henry Myers, 15th Maintenance Operations Squadron commander. "It was an honor to lead this group of patriots and warriors. It was a beautiful morning, the crowds were receptive and the food and concert program at the end of the line were a great way

See PARADE, A6



Air Force photo by Tech Sgt. Shane Cuomo

Airmen from Hickam, lead by Maj. Henry Myers, 15th Maintenance Squadron commander, march through Waikiki to give the crowd a view of a well disciplined

military unit during a USO-sponsored parade held to recognize all branches of the military stationed in Hawaii Saturday. The parade was followed by a concert.

Redeployment is gradual transition

By Kirsten Tacker Kukini Photojournalist

If asked what makes family reunification successful for airmen returning from deployment they would get many answers, but according to the staff at the Airman and Family Readiness flight a smooth reunion occurs when both partners communicate, take it slow, support and understand each other's changes that have happened over their time of separation.

Just as partners need to discuss their expectations during the deployment process, the same needs to happen for redeployment.

"A lot of people feel if there was a problem when they left, that problem is not going to be there anymore," said Tech Sgt. Theresa Phillips, 15th Mission Support Squadron. "It could either be intensified or worse, the mindset and pretty much how the couples communicated during the deployment is also a key sign how the reunion is going to be." The families that are left behind need to understand everyone has changed, this helps reunification. The servicemember is going to be a different person when they

"Different because of their experience and depending on the time that they are away from each other it could be six months up to a year," said Sergeant Phillips. "They've both learned to be independent and by themselves." One is taking care of the kids and bills. The other is taking care of the mission.

"It is a gradual transition that they will have to prepare themselves for and one thing I tell them when I give a briefing, find out what you expect from each other," said Sergeant Phillips.

Friends and co-workers can facilitate reintegration by being supportive throughout the time the service members needs to get used to their new surroundings. Some people have experienced deployment so many times they are able to jump back into

See REUNION, A6

Air Force notifies force shaping lieutenants

RANDOLPH AIR FORCE BASE, Texas (AFPN) – Wednesday, 2,084 lieutenants in the 2002 and 2003 accession year groups learned if they were selected for retention by the Force Shaping Board.

Each officer was notified personally of their status by their senior rater. Officers deployed were notified by either the deployed commander or their home station senior rater.

The Force Shaping Board, led by a two-star board president, was broken down into panels of five consisting of one brigadier general and four colonels on each panel. Panel members were selected from the career fields of the officers affected.

"The members of this board were charged by the secretary of the Air Force to perform the complex task of right-sizing our junior officer force by specialty," said Maj. Gen. Glenn Spears, director of force management policy, deputy chief of staff for manpower and personnel, Headquarters U.S. Air Force.

"The board members were acutely aware of the magnitude of their role in serving on the first board thus institutionalizing the FSB process and ensuring the offi-

See SHAPING, A9

Hickam members help with fun run

By Maureen McFerrin Headquarters PACAF

As part of the 15th Airlift Wing School Partnership program, 34 volunteers from several Hickam units helped with the Waimalu Elementary School 13th Annual Fun Run. More than 640 students from prekindergarten to sixth grade ran around three tracks for 15 minutes to raise money for school projects and emphasize the need for physical fitness.

This year the students raised \$23,000 from pledges they received from their running. "This money is used to buy books for the library, computer supplies and other necessary items for the school that regular funding doesn't cover," said Danny McFerrin, volunteer coor-

dinator. "I'm not sure who had the most fun at this event, the children or the volunteers. It's inspiring to see such positive community interaction." Volunteers from Headquarters Pacific Air Forces, the 15th Airlift Wing and family members participated. The volunteers handed out water, marked tally sheets, monitored the children as they were running and provided encouragement. They also help set up the field and clean up the field afterward. The school provided breakfast T-shirts and lunch for

ward. The school provided breakfast, T-shirts and lunch for the volunteers. As principal Kaylene Yee has said many times, "We provide the children, the volunteers do most of the work. We really could not do this event without the volunteers from Hickam. We have one of the best programs in the state."



Courtesy Photo

Elementary students raised over \$23,000 from pledges they received by running the 13th Annual Fun Run. More than 640 students participated.

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Col. Bill "Goose" Changose, 15th Airlift Wing commander and Chief Master Sgt. Andy Null, CCAF superintendent, present a CCAF diploma to Master Sgt. Terri Cothren. At Monday's CCAF graduation.

CCAF a trademark of success for enlisted

Bv Col. Bill "Goose" Changose 15th Airlift Wing commander

This week more than 80 military members were awarded an Associates of Applied Science degree from the Community College of the Air Force (CCAF) on Hickam AFB. This gives me an important opportunity to share a little background about this unique program.

CCAF serves the Air Force and Department of Defense by helping enlisted personnel obtain an accredited Associate in Applied Science degree directly related to their Air Force Specialty Code. The college serves more than 378,000 students in more than 120 technical training schools and 66 degree programs. This makes CCAF the largest multi-campus community college in the world, with education service offices at locations around the globe. The trademark of CCAF's success is not its size, but rather, its attention to the individual student and the quality and reputation of the degree. More than 199,000 enlisted members of the active duty Air

Force, Air National Guard, and Air Force Reserve have earned CCAF career-related degrees since the college first opened in 1972.

Throughout my career I have been provided valuable training and education opportunities and feel very fortunate to have learned all that was offered at each step. For each person graduating today, I know that this is just the first step in what will be a continuing education process. I believe higher education will be increasingly important as we face the challenges of our fast-paced, high-technology Air Force future. But, we won't be facing those challenges alone. I would also like to recognize the families, friends, and coworkers that supported and will continue to support these students to become graduates - thank you for your encouragement! For more information on this unique and rewarding program I encourage you to visit the Base Education Office to find out how you can complete an advanced degree pro-

Again, Congratulations Graduates!

Crisis management How to handle tough times

By Lt. Col. David Wright 25th Air Support Operations Squadron commander

here I was ... is the common phase you hear when someone revels in telling a story in which they mastered a difficult situation often with self-generated ingenuity and grace. It is, in essence, an example of crisis management that resolved itself in a positive manner.

These situations don't always work out for the better, however, understanding some of the fundamental concepts with crisis management can definitely turn the tables in your favor should a crisis arise.

Our military professional and personal lives are filled with crises from minor to catastrophic in nature. Knowing the key elements of a crisis and how to prepare for and manage them are vital skills for all military personnel and their families.

First, one needs to know what constitutes a crisis. Fundamentally, it is a decisive point or situation that, if not managed, threatens your attainment of personal goals or professional mission.

Critical to the understanding of crisis management is an understanding of your underlying goals or mission objectives. These form the basis for all crisis action procedures. For example, we all have a basic goal to preserve human life.

As such, a life-threatening injury automatically becomes a crisis. This is easily recognized and understood. On the professional side, recognition that a spe-



Despite their immediate nature, crises can be prepared for to a certain extent. It takes some brainstorming on threats to your goals or mission.

cific piece of malfunctioning equipment will jeopardize an entire mission is similar. Without a firm grasp of your goals/objectives, you will not be able to ascertain whether an event is a crisis

Despite their immediate nature, crises can be prepared for to a certain extent. It takes some brainstorming on threats to your goals or mission.

In the case of the lifethreatening injury example, the preparation is easily identified as training personnel in first-aid and understanding how to get additional assistance. In the professional example, it is recognition that the part in question could be a singlepoint failure for the mission and that back-ups are need-

Leadership stands out as the single most critical factor in the crisis action process. I am not referring to leadership in the purely organizational sense but more on the lines of whom, at the moment of the event, will take charge and begin actions to recover. Crises by their very nature are disruptive and waste resources.

With recognition, a leader's entire objective during a crisis is to control the event and drive the process

back to some state of normalcy. Normalcy in this case is a continued drive toward the goal or mission objective. Each and every one of us can and will be at some time that individual on the spot that has to step up and take charge.

With the process back on track, closure through review is critical. Review helps identify how the crisis developed and the steps or plans we need to undertake to better mitigate crises of the future.

In our professional lives we are constantly working to resolve crises and make strides toward our goals. Unfortunately, many do not make the leap to plan for crises in their personal lives or educate their family on how to recognize and handle

When was the last time you sat down with your spouse and discussed what you would do if your home burned down or one of you was seriously injured? It starts with the goals that you have developed and an understanding how to react to threats. We are in a business that involves a fair amount of risk.

Take the time to think through your processes at home and whether you and your family are prepared to handle the inevitable.

Action Line

link to me so we can work as a team to make Hickam a better community. I urge you to use the normal chain of command first.

If you have done this and are still not satisfied, give my commander's Action Line a call. If you would like me to get back to you, leave your name and number, state your issue, tell me who you have talked to and why you were not satisfied with their response.

I'll work your issue and respond verbally or in writing. The Action climbing the current rails and keep Line number is 449-2996. Messages may also be sent by e-mail to 15aw.pal@hickam.af.mil.

Manawau Canal Bridge

Comment: I am writing in regards to the March 24, 2006 Action Line request regarding the Manuwau Canal Bridge as a "no fishing zone." Though the bridge rails may meet "specifications," that doesn't mean they are safe. I have witnessed children leaning over in a

The Action Line is your direct very dangerous manner and have attempted to correct this behavior as your concerns and recommenda-I drove by in my car. However, I feel banning fishing from the bridge is a rather extreme approach to a relatively benign problem with several other feasible solutions.

The children are outside, getting fresh air and exercise -- would we rather they be indoors playing video games? A simple solution would be the addition of a chain link fence to the front side of the rails.

This would keep children from anyone from falling through. If this is not an option, what about a simple platform lower on the creek bank for the children to fish from. While my two children are not in the group that frequent the fishing spot, I would encourage the parents of the children who do, to instruct them on safety procedures and monitor their play.

Banning the pastime discourages outdoor recreation. Children can be taught how to have fun and be responsible at the same time.

Response: Thank you for tions. Base officials wrote the base fishing policy in 2004 when a Hawaii Department of Health fishing advisory warned us of the dangers of eating fish from specific areas of Oahu.

While I agree that outdoor recreation is certainly beneficial to our children, we had to amend guidance to allow fishing and swimming only in designated coastal areas due to runoff pollu-

With many children playing and fishing in the canal with no adult supervision, the benefit was simply not worth the risk.

When the resources are available, the canals will be fenced and marked with appropriate warning signs

Roller skating rink

Comment: I'm wondering why there isn't a roller skating rink on base and what needs to be done to get one established. Is there something I could do to help get the process started?

Response: It's a good question, and thank you for your comment. We do have a Skate Board Center, Bldg. 2065 which is for skate boarders, inline/roller skaters and scooter riders.

The facility is a covered hangar with sound system and restrooms. The program is open Wednesday thru Sunday and the fee is \$1. There is also an outdoor skate rink, located next to bldg. 1330, the Multi-Purpose Pavilion. This rink is used for a variety of activities including roller hockey and roller

The facility is not staffed, but has restrooms, and lights are available during the evenings. Please contact the Kidsports Fun & Fitness Center, at 448-6611 if you are interested in renting the area for a weekend or holiday party or if you have other questions or concerns.

Hickam Diamond Tips



Bracelet sizes have been reduced to 1/2 inch. Bracelets that support a cause, philosophy, individual or group are not authorized. Examples include the LIVE STRONG cancer campaign "SUPPORT OUR TROOPS" rubber bracelets. Traditional POW/MIA metal bracelets are still authorized. Gemstone/tennis bracelets are only authorized when wearing mess dress uniform.

Source: 97th Air Force Uniform Board Questions? Contact your First Sergeant

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issue. Copy must be typed, double-spaced 12-point type, 300 -
500 words in length, and e-mailed to hickam.kukini@hickam.af.mi

Crisis Response lines

Hickam Family Support Center 449-0300 Life Skills Support Center 449-0175 Law Enforcement Desk 449-6373 Base Chaplain 449-1754 Military Family Abuse Shelter 533-7125 SARC Hotline 449-7272

PACAF 12 Outstanding Airmen of the Year

The following are Pacific Air Forces 12 Outstanding Airmen of the Year. There are four Airmen for each department of the Air Force: Active Duty, Air National Guard and Reserve.

Note there are only 11 individuals named in this year's recognition ceremony. The 12th Airman was a slot for a Reserve First Sergeant of the

Year but none was selected. These Airmen will be honored in a ceremony today at the Tradewinds Enlisted Club.

Note: AD - Active Duty **G** - Air National Guard R - Reserve



Sergeant of the Year

Airman of the Year

NCO of the Year

Senior Master Sgt. Graham Smith

18th Communications Squadron Kadena AB, Japan

Built Dorm Room of the Month Program raising standards and morale.

Oversaw Fit to Fight Program: built remedial fitness program for marginal and poor performers resulting in a 99 percent pass rate.



enior NCO of the Yea

Sergeant of the Year

Airman of the Year

Master Sgt. Michael Bridges

354th Logistics Readiness Squadron; Eielson AFB, Alaska

United States Air Force's first logistics advisor deployed with Afghan National Army; modernized logistics force's capabilities.

Mastered 80 Army skill tasks during deployed fiveweek combat training; earned Sharpshooter medal.



NCO of the Year

I

Senior NCO of the Year

Staff Sgt. Timothy Bishop

607th Air Support Operations Group, Osan AB, Korea

Planned, requested and controlled 120 close air support coalition forces missions ensuring mission suc-

Aided in distribution of 1,000 pounds of food and needed supplies to local Afghan people.



Senior Airman William Glidewell

736th Security Forces Squadron, Andersen AB, Guam

Competed in McMillan's Annual Sniper Competition: ranked 11 of 25 of nation's best snipers.

Visited Hurricane Katrina Victims while on leave performing cleanup for 50 residents.



Master Sgt. Bryan Hailey

168th Mission Support Group, Eielson AFB, Alaska

Deployed for 133 days to a forward operating location in Kuwait, in support of Operation Enduring Free-

Rallied wing personnel to raise \$1,450 allowing financial hardship Guardsman to attend brother's funeral.



Master Sgt. Alphonzo Allen

168th Security Forces Squadron, Eielson AFB, Alaska

Provided impenetrable defense for seven C-130 aircraft sustaining war-fighting capability.

Developed thorough post rotation in 120 degree temperatures resulting in no heat-related casualties.



Staff Sgt. Agueda Velasquez 154th Wing, Hickam AFB, Hawaii

Developed plans that led the pay section to attain a submission timeliness performance rate of 94 percent ranking in the top 20 out of 90 Guard bases.

Leadership and professional skills contributed to travel section customer satisfaction ratings being at an all-time high of 4.93 out of 5.



Senior Airman Sid Guzman Jr 254th Airbase Wing, Andersen AB, Guam

Coordinated assistant to the Command Chaplain of the Air Force's visit to Guam.

Established a chapel resource library complete with numerous religious and life skills books, videos, DVDs, pamphlets, inspirational guides and religious deploy-



Senior Master Sgt. David Hudson 3rd Civil Engineer Squadron, Elmendorf AFB, Alaska

working group and wing readiness boards.

Developed exercise scenarios and execution scripts for Unit Compliance Inspection preparation and yearly exercise requirements.





Tech. Sgt. Jonathan Bussey 624th Civil Engineer Squadron, Hickam AFB, Hawaii

Supported Operation Noble Eagle at Hicakm augmenting security forces in protecting vital aircraft and communication assets on the flightline.

Served on a 240-day deployment to a forward operating location in the United Arab Emirates.





Senior Airman Daniel Walker

624th Civil Engineer Squadron, Hickam AFB, Hawaii Deployed on a 120-day tour to forward operating

location in the United Arab Emirates. Innovative ideas led to huge 40 percent decrease in job order requests and call backs.

Senior NCO of the Year

Managed installation full spectrum threat response

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Commissary Awareness Month brings sales, savings

By Bonnie Powell Defense Commissary Agency

Customers looking for excitement during Commissary Awareness Month in May need look no further than http://www.commissaries.com.

Worldwide case lot sales events are taking place throughout the month of May and customers can access store dates and information through a link on the front page of the commissary Web site.

Locally the Commissary at Hickam will hold the case lot sale May 20 and Sunday May 21. Hours of the sale will be 9 a.m. to 5 p.m. both days.

"Lucky customers who live near several commissaries will often find product selection and sale dates vary from store to store," said Patrick Nixon, chief executive officer and acting director of the Defense Commissary Agency. "Customers can shop several sales for even bigger savings. We make it easy by putting all the dates and links to store spotlighting pages in one location for both the May and September case lot sales."

Nearly 30,000 single service members are touring commissaries worldwide to learn more about one of their most valuable benefits.

"As gas prices rise and military families look for ways to save money, shopping at the commissary for savings of 30 percent or more is a great way to cut expenses for single service members as well as Guard and Reserve families, and military retirees," said Nixon.

In addition to exciting instore promotions, shopping sprees, and other CAM events, authorized shoppers also have a chance to "win big" through two commercially-sponsored events during the month of May. A special link is on the front page of http://www.c ommissaries.com.

A \$1,000 CAM shopping spree sponsored by Military Life runs through the month of May.

The winner will be awarded \$1,000 in commissary gift certificates. "Depending on what products a customer buys, \$1,000 can stretch to \$1,300 or more in the commissary," said Nixon.

Military shoppers can also enter for a chance to win a \$5,000 cash prize from Ameri-Force Publishing.

The entry period begins during Commissary Awareness Month and continues through the end of the year. Each month during the entry period Ameri-Force will also award 125 memberships in the Boys and Girls Clubs of America.

The Defense Commissary Agency operates a worldwide chain of commissaries providing groceries to military personnel, retirees and their families in a safe and secure shopping environment.

Authorized patrons purchase items at cost plus a 5-percent surcharge, which covers the costs of building new commissaries and modernizing existing ones.

Shoppers save an average of 30 percent or more on their purchases compared to commercial prices – savings worth about \$2,700 annually for a family of four.

A core military family support element, and a valued part of military pay and benefits, commissaries contribute to family readiness, enhance the quality of life for America's military and their families, and help recruit and retain the best and brightest men and women to serve their country.

Airmen participate in survival training



Photos by Tech. Sgt. Shane Cuomo

(Above) Lt. Col. Jimmy Barrow, Kenney Warfighting Headquarters (P), applies grease paint to camouflage his face during a ground survival refresher course at Schofield Barracks, Hawaii, May 4. The course provides realistic training for aircrew members and concentrates on the principles, techniques and skills necessary to survive in any environment.

(Left) Staff Sgt. Christopher

Ferguson explains how to prepare tinder to start a fire during a ground survival refresher course at Schofield Barracks, Hawaii, May 4. Sergeant Ferguson is a survival, evasion, resistance and escape instructor with the 15th Operations Support Squadron.

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Seven Hickam members earn Articles 15

15th Airlift Wing Legal office

While punishments imposed for similar offenses may appear to vary from case-to-case, each case is decided based on a number of factors and on its own specific facts.

Punishments vary, based on such factors as an offender's age, prior work and disciplinary record, financial condition, suitability for continued service and the level of severity of the particular offense committed.

To ensure fair administration of justice throughout the Hickam community, the legal office reviews all cases.

A staff sergeant was charged with one specification of being drunk and disorderly, in violation of Article 134, Uniform Code of Military Justice. Punishment consisted of a suspended reduction to senior airman, forfeiture of \$200 pay per month for two months and a reprimand.

A master sergeant was charged with one specification of an unprofessional relationship, in violation with Article 92, UCMJ, and one specification of wrongful use of government email, in violation of Article 92, UCMJ. Punishment consisted of forfeiture of \$150 pay per month for two months, 14 days extra duty and a reprimand.

A captain was charged with one specification of conduct unbecoming an officer, in violation with Article 133, UCMJ, and one specification of adultery, in violation of Article 134, UCMJ. Punishment consisted of forfeiture of \$900 pay a month for two months and a reprimand.

A senior airman was charged with one specification of failure to go, in violation of Article 86, UCMJ, and two specifications of simple assault, in violation of Article 128, UCMJ. Punishment consisted of 45 days extra duty, 45 days restriction, a suspended forfeiture of \$636 pay per month for two months and a reprimand.

A staff sergeant was charged with one specification of dereliction of duty, in violation of Article 92, UCMJ, and one specification of misuse of the government travel card, in vio-

lation of Article 92, UCMJ. Punishment consisted of a suspended forfeiture of \$250 pay per month for two months and a repri-

An airman first class was charged with two specifications of dereliction of duty, in violation of Article 92, UCMJ, and one specification of destroying or damaging non-military property, in violation of Article 109, UCMJ. Punishment consisted of reduction to airman, 14 days extra duty and a reprimand.

An airman first class was charged with three specifications of failure to go, in violation of Article 86, UCMJ. Punishment consisted of 14 days extra duty, suspended reduction to airman and a reprimand.



Vandalism

An Air Force member reported the postal mailbox and trash can in front of the Hickam Post Office was vandalized with black spray paint.

Theft of personal property

An Air Force member reported his bicycle missing from his back yard. Estimated cost of merchandise: \$120

Damage to personal property

An Air Force civilian employee reported someone had damaged her vehicle in the parking lot at Hickam's dining facility.

Domestic disturbance and assault in third degree

An Air Force member reported he had been involved in domestic disturbance. Further investigation revealed the Air Force member was assaulted during the verbal altercation.

Damage to personal property

An Air Force civilian employee reported someone had damaged his vehicle. Estimated cost of damage: \$1,000

Theft of personal property

An Air Force member reported an air compressor was stolen from the back

porch of his residence. Estimated cost of merchandise: \$178

Damage to personal property

An Air Force civilian employee reported someone had damaged her vehicle. Estimated cost of damage: \$1,675

Theft and damage to personal property

An Air Force member reported his vehicle was damaged and someone had removed the chrome strips from the vehicle's door. Estimated cost of damage: \$2,800

Damage to government property and personal property

An Air Force member reported damages to dormitory equipment and a personal locker.

Theft of personal property

An Air Force member reported her daughter's bicycle was stolen from her residence. A witness pointed out the subject and was immediately apprehended by Security Forces.

Theft of government property

An Air Force member reported her military identification card was stolen from her vehicle along with her purse which contained various items.



Special Olympics needs volunteers

By 1st Lt. Anthony McCarty 15th Security Forces Squadron

With spring in the air and summer just around the corner, it's time again for annual Troy Barboza Law Enforcement Torch Run on the island of Oahu. The Torch Run will take place on the May 26 at 6 p.m. and will help raise funds for and awareness of the Special Olympics movement.

The Special Olympics program reaffirms our beliefs that with hope, love and dedication we can see achievement and self-worth realized by people with disabilities

In 1987, Hawaii's Torch Run was named after Troy Barboza, a Honolulu Police Officer killed in the line of duty.

Officer Barboza's dedication to Special Olympics resulted in our Torch Run being the only one world wide named after someone.

The run started in Hawaii in 1986 with 20 officers carrying the "Flame of Hope" from the State Capitol to the State Summer Games. The first event was a little less than successful and lost \$200.

Since then the Torch Run has continued to grow over the years and have raised up to \$81,000 with 2,500 participants from federal, military, state, county and local agencies participating

This years Torch Run will be a special event for Team Hickam because everyone is being invited to participate

to show our community involvement, not just the law enforcement community

All money raised for Special Olympics though the Torch Run is used here in Hawaii to help support hundreds of Special Olympics athletes in the state.

There are T-shirts on sale for runner or anyone wanting to support the event. T-Shirts and tank-tops are \$20 and long sleeve T-shirts are available for \$25.

Anyone wanting to contribute money or participate in run can contact 1st Lt. Anthony McCarty or Staff Sgt. Sean Hannah at 449-2645, or e-mail to Anthony.McCarty@hickam.af.mil or Sean.Hannah@hickam.af.mil.



Tell us what you think, or would like to see in Kukini. Team Hickam members can submit letters to the editor to:

hickam.kukini@hickam.af.mil

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NOTES, From A1-

men, Reservists and retired members of the Air Force, their families and survivors are eligible. Any organization is eligible to nominate one of its volunteers. For more information, call the AFRF at 449-0300.

Keiki fishing tournament - Deadline to sign up is June 9 for the Friends of Hickam's 7th annual Keiki Fishing Tournament June 23, 11 a.m. to 4 p.m. Air Force children ages 5 to 12-years-old are eligible to participate. The event is a full day of free food, prizes and trophies, fishing and fun. Get an application form and details from a first sergeant. The first 250 eligible children will be accepted. Drop completed forms at the 15th Airlift Wing Public Affairs, Building 1110, Wing Headquarters, room 221. For more information, call Bette Kalohi, 449-9386.

Fundraiser - The Hickam African American Heritage Association is sponsoring a 2006 Spring Fever Fashion Show with all proceeds going towards the AAHA Scholarship Program. The fashion show is June 3 at the enlisted club. Tickets are currently on sale for \$20 in advance and \$25 at the door. Doors open at 7 p.m. and the show starts at 8 p.m. with a special guest performance by the Delta Sigma Theta Sorority Inc. For ticket sales, contact Staff Sgt. Candice Roberts at 449-7836 or email her at candice.roberts @hickam.af.mil.

Volunteers needed – The Hickam/Pearl Harbor American Red Cross is currently seeking volunteers for the following positions: office support staff and public speaking for predeployment briefs. Volunteer hours will be based on the availability of the volunteer. "We stop needing you when they stop needing us." For more information, call the Red Cross office at 449-0166

Thrift shop – The Hickam Thrift Shop hours of operation are Monday, Wednesday and Friday from 9 a.m to 1 p.m. Consignments are accepted Mondays and Fridays from 9 to 11 a.m. The shop will be closed May 26 and 29 in observance of Memorial Day. Additional hours are the second Saturday of each month from 9 a.m. to

1 p.m. and the third Wednesday of each month from 5 to 8 p.m. Donations are always appreciated and can be dropped off at anytime in the shed located in front of the shop.

Huli-Huli chicken -The Air Force Hawaii First Sergeant's Association is sponsoring a Huli-Huli Barbeque Chicken Fundraiser May 19. For \$8 get a whole Huli-Huli chicken. Tickets must be purchased in advance of cooking date. Pick-up is between 10:30 a.m. to 1 p.m. at the parking lot on the northeast side of C Street (between Hangar and Vickers Avenue Avenue).

See a First Sergeant for tickets.

Courses offered Embry-Riddle Aeronautical University will offer the following courses on Hickam for the summer Introduction to term: Space Navigation, Studies in Intelligence II, Industrial Hygiene and Toxicology, Aircraft Crash and Emergency Management, and The Air Transportation System. Term registration begins May 30. For more information, stop by Room 117 in Hangar 2 or visit the website www.erau.edu/hawaii.

PARADE, From A1—

to spend a Saturday."

The parade was just the beginning of the celebration. A joint service color guard and bagpipers lead the way, followed by veterans of the various wars, WWII military ambulances, jeeps and tanks along with a Stryker vehicle.

A formation of three Army National Guard CH-46 Chinooks performed a flyover of the parade that ended at Kapiolani Park, where there was a day-long concert. There, troops were greeted by several food booths, sweet treats, Starbuck's coffee and giveaways.

"We wanted to show our troops how much we appreciate the sometimes thankless job they do and the sacrifices they make. The smiles on the faces of the troops and the Community made the hard work worthwhile," said Alan Hayashi a USO board member. "It was a labor of love and respect for our military troops, veterans, and families."

Several dignitaries, including Governor Linda Lingle, offered their words of appreciation and praise for the military and their families. Other VIPs included Honolulu Mayor Mufi Hannemann and Congressman Neal Abercrombie.

Following the formal program, there were performances by the Fife and Drum unit from Washington, D.C. and the Pacific Air Forces band.

The highlight of the event was the concert which featured Grammy Award winner John Legend, The Makaha Sons and Kapena.

REDEPLOY, From A1 -

it without a hitch.

For others who are less experienced, defining each other's expectations for reunification alleviates disappointment and hurt feelings. Tell each other exactly what the two weeks will look like spent together, find a compromise between the two and leave room to be flexible for last minute changes.

It is as simple as asking the servicemember or spouse what do they want.

"A lot of people when they get back don't want a big party, they just want to get home," said Sergeant Phillips. "The feedback I've gotten is we just want to go home. We don't want this dog and pony show, just let me go home."

The servicemember still experiences stress after being welcomed home, because of in processing. This takes place at various points on the base.

"They would love to see in processing as a one stop shop," said Sergeant Phillips. "When they touch ground they get a day to be home, but the next day they have to in-process."

With Hickam changing so much, a lot of people return to learn we have C-17's. A lot of organizations are doing away with certain parts of their job and returning to offices that have moved. All these changes create additional stress on the servicemember.

"Their supervisor may have changed, I am not at the same desk, job stress and even coming home the kids have grown or the kids don't like me anymore, they aren't talking to me," said Sergeant Phillips. "The transition from everything has to be slow."

Reunification can be a lengthy process depending on everyone involved.

"Every aspect of emotion is hit with reunion from happy I'm back; sad I'm

back, even the intimacy part," said Sergeant Phillips. "You would think that because they were gone so long that they are going to jump right into it, that takes time too. Everything is affected."

When servicemembers return, they are still on a high.

"They say if you are still unable to sleep in two to three months after you've gotten back then you need to think about talking with somebody, something is affecting you," said Sergeant Phillips. "If that support is there from the beginning, it is less likely to happen because they are able to talk to you and they don't have to keep stuff in."

"Actually I think it starts at the beginning, what makes a good return," said Master Sgt. Ronald Boothe, 15th MSS. "Sergeant Phillips engages with the servicemembers prior to deployment and gets all their data to keep in contact with the family members."

Whether it is via e-mail or phone, Sergeant Phillips asks family members how they are doing and if they need some help. If they do, there are volunteers that go out and take care of things around the house.

"We hold events every month, so Sergeant Phillips is always involved with their lives, which is keeping them engaged and keeping the pumped up at the same time," concluded Sergeant Boothe. "They can use that as a calendar, this event makes it one month, next month and so on. She primes families for the reintegration and briefs them on changes of the mission."

Call for more information Airman and Family Readiness Flight at 449-0300, Military and Family Life Consultant 221-1341 or Military OneSource 800-342-9647.



AF offers comprehensive care

By Maj. Rena Nicholas 15th Medical Operations Squadron

The Air Force is attempting to provide the most comprehensive team oriented care possible.

As part of this effort, the Air Force is evaluating the effectiveness of placing a mental health professional in the primary care setting.

This professional serves as an expert consultant to the primary care managers and their adult patients ages 18 and over.

This consultation model allows primary care managers to refer their patients to the consultant for a brief evaluation of how habits, behaviors, or emotions may be affecting physical health or personal functioning.

The consultant helps the primary care manager and the patient develop a short specific behavioral change plan.

The plan focuses on improving functions at work, home and socially, by helping the patient modify thinking patterns, behaviors, and alter mood and physical symptoms such as, anxiety, sadness, stress, sleep and headaches.

Appointments with the consultant last from 15 to 30 minutes and most patients see the consultant one to three times.

The job of the consultant is to get a behavioral change plan started and teach the patient some specific skills if needed

The primary care manager improvement.

and the patient then have the majority of the responsibility for starting the plan and making it work.

The consultant can also help the primary care manager make appropriate referrals to specialty care at clinics like the Tripler Pain Clinic or to ongoing individual counseling if the patient would benefit more from these specialized services.

If you see problems related to emotions, habits, behaviors, or situations that you feel are affecting your functioning or quality of life, be sure to discuss them with your primary care provider.

Expert consultation is easily available in this clinic to help you and your provider develop a plan for change or improvement.

Sick call, appointment procedural tips

Courtesy of the 15th Medical Group

The Primary Care Clinic at the 15th Medical Group provides sick call for active-duty patients who are assigned to a PCC provider.

The purpose of sick call is to address an acute issue that may preclude the member from duty that day.

Members with such needs must sign in, wearing their military uniform, between 7:15 to 7:30 a.m., Monday through Friday except on Federal holidays, Pacific Air Forces Family Days, and 15th Airlift Wing Warrior Run

Fridays

Patients with a routine or chronic problem need to call 448-6000 to schedule an appointment with their Primary Care Manager.

Special points of interest:

- Patients should arrive 10 minutes prior to their appointment for check-in.

- Parents need to insure their child is up-todate on his or her immunizations.

- The 15th Medical Group appointment line opens at 7 a.m. Monday through Friday. It is closed on Warrior Run days, holidays and down days.

Life Skills Flight offers several services to Team Hickam for variety of problems

Attention Deficit Disorder/Attention Deficit/Hyperactivity Disorder Parent Support Group – Parents will be able to share and receive practical information as well as network and gain support.

Breakthrough Parenting Program – The purpose of the program is to increase parental skills and tools to promote more effective parenting by understanding the causes of frustrating behaviors and how to address them.

Commander/First Sergeant Annual Training – Annual mandatory training for all squadron commanders and First Sergeants. Please call to reserve a seat.

How to Avoid Dating a Jerk(ette) – Have you ever had a friend not listen to you when you tell them they're dating a jerk(ette)? Over 50 percent of most marriages end in divorce.

This class will focus on how to prevent loss of money, heartache and stress by paying attention to the common reasons relationships fail.

Play and Learn Session – Play and Learn Sessions are short learning sessions in conjunction with playtime with your children.

Each subject covers a new aspect of your child's growth and development, nutrition, temperament, discipline, etc. This is a great opportunity to interact with other moms and dads, make new friends and enjoy watching your child interact with their peers.

Play and Learn Sessions with Music

A music program which will encourage
and enhance the appreciation of music
and movement for children ages one to

Single Parent Support Group – A group to help single parents.

Stress and Anger Management Class

 This is an introductory course focusing on understanding, recognizing and managing stress and anger in one's personal and/or professional life.

Substance Abuse Awareness Seminar – This class will focus on individual responsibility, values, family dynamics and physiological and psychological effects of alcohol. Please call to reserve a seat

Suicide Prevention Training – Annual mandatory training for individuals who did not get trained with their unit. Please call to reserve a seat.

What Happens to Love After the Wedding? – A four session, couples communication fun class that is open to all. You do not have to be married to attend this class. Singles are encouraged to attend. The class will explore the reasons people marry and what happens to relationships after the wedding

Call 449-0175 or 449-0176 for information or to schedule a class. All classes are held in the new Life Skills building, #554, across from the medical clinic.



Editor's Note: To read the complete stories and find more Air Force News, go to www.af.mil.

Defense secretary endorses Hayden nomination to CIA

WASHINGTON (AFPN) - The defense secretary and vice chairman of the Joint Chiefs of Staff said May 9 they endorse President George W. Bush's

V. Hayden as CIA director. President Bush nominated General Hayden to the post May 8 to replace Peter

nomination of Gen. Michael

"In my view, Mike Hayden is a true professional and he'll do an excellent job for the country," said Defense Secretary Donald Rumsfeld.

"I've known him for about 17 years and he is just a superb officer who is a tremendous professional,""said Navy Edmund Giambastiani, vice chairman of the Joint Chiefs. "I first met him when he was a colonel working in the National Security Council back in

The two leaders cited President Bush's long working relationship with General Hayden, who directed the National Security Agency before becoming deputy to Director of National Intelligence John D. Negroponte.

"The president knows him and has confidence in him, and clearly I supportthe nomination," Secretary Rumsfeld said.

The secretary noted General Hayden's extensive

experience.
"He did not come up through the operational chain in the Department of Defense, and then at the last minute slide over into the intelligence business," he said. "He's a person who has had assignment after assignment after assignment in the intelligence business, and clearly, that is what his career has been. And he's been very good at it." (Story by Donna Miles, American Forces Press Ser-

Air Force plans for cleaner, greener future

WASHINGTON (AFPN) - In the 1980s, firefighter training was

Security forces at Bagram practice urban warfare



Airman 1st Class Erika Asbury takes aim with an M-4 rifle as part of training at an Army training facility at Bagram Air Base, Afghanistan, Tuesday. The Military Operations in Urban Terrain facility is a replica of an

guished.

So in fire-training pits at ing ground. The fuel was

straightforward: light a fire Air Force bases around the and see how quickly and world, jet fuel was regularly safely it can be extin- sprayed onto old aircraft carcasses and the surround-

Afghan village, used to train Airmen and Soldiers in dealing with enemy forces in close quarters. Airman Asbury is deployed to the 455th Expeditionary Security Forces Squadron from Eglin Air Force Base, Fla.

ignited and firefighters niques created environmenpracticed their firefighting and rescue techniques.

While that kind of training is valuable, the tech-

tal problems the Air Force is dealing with today.

"The rains would come and wash that fuel into the

infield of the runway," said Maj. Gen. L. Dean Fox, the Air Force civil engineer.

When unburned jet fuel seeps into the ground after a rain, it can create underground fuel plumes that can contaminate groundwater.

In addition to the environmental problems associated with firefighter training, the Air Force used underground, single-walled fuel tanks to store jet fuel. Over time, some of those tanks corroded and allowed fuel to seep into the ground. Aircraft maintainers would rinse industrial solvents off a flightline and the solvent usually ended up in the ground.

These practices seem inconceivable today; at that time they were considered standard industry practice. (Story by Staff Sgt. C. Todd Lopez, Air Force Print

Fighters 'take down' mountain

SOUTHWEST (AFPN) - Some people move mountains, others destroy them.

May 2, four 336th Expeditionary Fighter Squadron Airmen did just that.

Two F-15E Strike Eagle crews flew out from here on a mission in support of

See AROUND, A9

May 12, 2006 **A9** Hickam Kukini

SHAPING, From A1

sustainable," General Spears said.

Officers were evaluated for retention based on information in their central selection record. The record contained evaluation reports, decorations and the retention recommendation form.

Officers not selected for retention will be separated no later than Sept. 29 but are still eligible to apply for the Palace Chase or the Blue to Green programs.

"The Air Force values the selfless service and sacrifice of these officers who volunteered to serve,' General Spears said. "We wish them all the best in their future endeavors. It is our hope they will choose to continue their service to our great nation."

Palace Chase applicants should first contact a local Guard or Reserve recruiter to secure a position and then their local military personnel flight for an application and assistance with filling out the forms. Officers interested in transferring to the Guard or Reserve may avoid a break in service provided they apply by Aug. 1.

Likewise, eligible officers interested in continuing their service in the Army must apply to the Blue to Green program by June 15 to ensure there is no impact on their service

cer corps is balanced and dates. Officers should contact their local military personnel flight and the U.S. Army Human Resources Command to begin the process.

Army human resources be reached at can www.hrc.army.mil/site/ active/opdistacc/IST/CIST. HTM or via the Defense Switched Network at 221-3764 or commercial (703) 325-4471. Applicants must provide the Army a statement of qualification, a physical dated within one year, the officer's evaluation reports and copies of their college transcripts.

Those officers looking for opportunities to continue to serve as a civil service employee should visit the Office of Personnel Management Web site at www.usajobs.opm.gov for more information.

Officers not selected for retention will receive an information package explaining any entitlements they may be eligible for like separation pay and their transition benefits such as transitional healthcare coverage and permissive temporary duty. Officers should contact the appropriate base agency for more information regarding the benefits detailed in the package.

For the latest information on force shaping, visit www.afpc.randolph.af.mil/ret sep/forceshaping/shape.htm.

AROUND, From A8

assignment – a preplanned attack to destroy caves inside a mountain north of Jalalabad, Afghanistan.

"The goal was to deny anti-coalition militia the use of caves," said Rick, an F-15E fighter pilot with more than six years of flying experience. "Our preplanned strike instructions came from the (Combined Air Operations Center). We were tasked to destroy caves inside a mountain that the enemy used as a location to launch mortar and rocket attacks."

The caves were dug into the side of a 7,000-foot tall, snow-capped mountain covered with jagged rocks and irregular terrain.

F-15E Pilot Nick and his Weapons Systems Officer Chris flew the first pass, dropping a laser-guided bomb into the opening of a cave.

"It's a lot tougher than most people would think," said Chris, who has more than five years of experience

Operation Mountain Lion. Their flying Strike Eagles. "It's difficult to identify the targets because of the rocks and crevices." (Story by Maj. Ann Peru Knabe, 379th Air Expeditionary Wing Public Affairs)

McGuire Airman makes lucky catch

MCGUIRE AIR FORCE BASE, N.J. (AFPN) - Sports history landed in the lap of a McGuire Airman May 8 while he sat in the right field bleachers of Citizens Bank Park, as the Philadelphia Phillies played the San Francisco Giants.

Airman 1st Class Carlos Oliveras of the 305th Aerial Port Squadron caught Barry Bonds' 713th home run ball, which left the Giants outfielder one home run behind Babe Ruth for second place on baseball's career list.

"Mid-game, I saw the crowd getting up out of their seats, and then I saw the ball bounce off the McDonald's sign on the upper deck," Airman Oliveras said. "Ten minutes later, people were still scrambling around looking for the ball. Nobody knew I was sitting there with it hidden under my legs.'

When Phillies officials realized Airman Oliveras had caught the ball, they escorted him to the VIP section, he said.

"I watched the rest of the game from the VIP area, was escorted for interviews and photos to the dugout, and then onto the field to meet ESPN for another interview," Airman Oliveras said. "At the ESPN press conference, I met Barry Bonds, shook his hand and got a photo taken with (Story by Staff Sgt. Kelly him." White, 305th Air Mobility Wing Public Affairs)





"Damn Yankees" Dinner and Theater

Dinner and theater is Saturday at Richardson Theater, Fort Shafter. The cost of \$50 per person includes a three-course dinner at the Officers' Club, intermission wine and dessert, transportation to and from the production and admission. For more information or reservations, call 448-4608 extension 15.

Junior golf program

The summer junior golf program registration has started and continues through June 5. The program is Mondays and Tuesdays: June 19, 20, 26, 27 and July



10, 11, 17, 18. There are three daily sessions: 1 to 1:45 p.m., 2 to 2:45 p.m. and 3 to 3:45 p.m. Junior golfers age groups: 7 to 10 and 11 to 13 year olds. For \$99 players get four lessons, a shirt, hat, balls, tee packs and a set of junior golf clubs. For \$50 the youth provides his/her own clubs and receives four lessons, a shirt, balls and tee packs. For more information, call 448-2317 or 449-2525/6490.

Free junior golf clinic

A free junior golf clinic is taught by Mamala Bay staff May 26 from 4 to 4:45 p.m. The clinic is limited to the first 12 golfers. Interested people may sign up by calling 449-6490 or emailing M a m a 1 a B a y T e e - Time@hickam.af.mil. Include whether the junior golfer is right or left handed.

Mother's Day sale

Today and Saturday 10 percent off all ladies golfing merchandise in stock at Mamala Bay Golf Course.

Mother's Day special

The Hickam Bowling Center honors all moms May 14 from noon to 4 p.m. Bring the entire family, mom bowls for free and she receives a gift. There is a three game limit. For more information, call the bowling center at 449-2702.

Mother's Day massage special

Throughout the month of May mothers have their choice of any two 45 minute services: body scrub, body wrap, facial and massage. This reminds the body of health, happiness, and serenity. Both sessions cost \$70.

Relaxing body wrap

Draw out impurities and help stimulate skin's natural healing. Great for improving elasticity of skin; complete with essential oil for relaxation. Choice of French Green Clay or Botanical Mud. The 60 minute session is \$45.

Perfect body wrap

For 45 minutes rejuvenating body scrub, exfoliate the body with sea salt butter. Effectively remove dead skin cells and leave skin feeling soft, supple and detoxified. Followed by 45 min-

utes French Green Clay Algae Body Wrap or Botanical Mud Wrap.

The 90 minute session is \$70. Add on a half hour massage for

Birthday parties

Birthday Party reservations at the bowling center are available for children 12 years old and under for \$7.50 per child. The package includes two games of bowling, free shoe rental, one bag of chips and one hot dog or two mini cheese pizzas or two pepperoni pizzas per person. For reservations, call the bowling center at 449-2702.

Yoga by the Sea

Mondays, May 15, and 22, at 9:30 a.m. at Foster's Point. Attendees should bring water. Free to ID holders.